

# Standardized Recipe Form

Recipe Name Taco Pocket

Category Entree

Recipe # \_\_\_\_\_

(i.e., entrée, breads)

Process: 3

(1= No cook; 2= Cook and same day serve; 3= Cook, cool, reheat, serve; 4= SOP controlled)

<b>Ingredients</b> * Indicates a commodity item (Local) Indicates a local item	Servings		<b>Directions:</b> Include <i>step by step instructions</i> , the <i>critical control points (CCP)</i> (specific points at which a hazard can be reduced, eliminated or prevented) and <i>critical limit</i> (time and/or temperature that must be achieved to control a hazard).
	50	100	
<b>Filling</b> Beef, ground, 85% lean, raw Taco Seasoning Refried beans, pinto* Cheese, cheddar, reduced fat, shredded* Cheese, mozzarella, frozen, shredded*	6 lbs 9 oz 6 ½ oz 3 ¾ cup + 1 Tbsp 2 ½ lbs 1 lb 6 7/8 oz	13 lb + 1 oz 12 7/8 oz 1 qt + 3 5/8 cup 5 lb 2 lb + 13 ¾ oz	1. Thaw beef in refrigerator. The day before serving brown beef in braising pan. Rinse and drain. Add taco seasoning and refried beans and stir and bring to temperature of 165°. Separate into stainless steel pans, cool, cover and refrigerate until next morning. For best results for bread dough, have all ingredients and utensils at room temperature. 2. Dissolve dry yeast in warm water. Let stand for 4-5 minutes. 3. Place flour in mixer bowl. Make well in the center. 4. Pour in dissolved yeast, oil, salt, and sugar. Add 1 teaspoon of dough conditioner for best results. Gradually work into the flour using dough hook on low speed. Knead for 15 minutes on medium speed. 5. Divide and shape dough into 14 balls. Each weighing 1 lb. 13 oz. 6. On lightly floured surface, roll out each ball of dough into a rectangle 16" wide and 20" long. 7. Combine shredded cheeses before using. 8. Layer ingredients lengthwise along the center portion of the dough rectangle as follows. Center strip: 3 cups taco meat, fold the 1/3 of outside dough over taco meat. Top Strip: 1 ½ cups shredded cheese. 9. Fold bottom third of dough over the second layer of cheese. Pinch to seal end and top seams. (If desired, spray loaf with Buttermist) 10. Using a fork, pierce top of dough lengthwise from end to end, repeating 4 rows across. 11. Place rolled dough on lightly oiled hotel pan (12" x 20" x 1"). Two stromboli can be placed on each pan. 12. Allow rolled pocket loaf to proof for 30 minutes. 13. Bake until crust is lightly browned Conventional Oven: 400° F for 30-35 minutes Convection Oven: 350° F for 25-30 minutes 14. Remove from oven. Let stand for 15 minutes before cutting, to prevent cheese from running 15. Cut each Stromboli lengthwise down the middle and crosswise 5 times into 10 portions.
<b>Dough</b> Yeast, Baker's, active, dry Water, municipal Flour, bread, enriched Flour, whole wheat, (Local) Oil, soybean, salad, or cooking Salt, table Sugars, granulated	¼ cup + 7/8 tsp 1 qt. + 2 3/8 cup 3 lbs 13 ½ oz 1 lb 12 5/8 oz ½ cup + 1 ¾ tsp 2 1/8 tsp 3 Tbsp + 1 ¾ tsp	½ cup + 1 ¾ tsp 3 qt + ¾ cup 7 lb + 11 oz 3 lb + 9 1/8 oz 1 cup + 1 Tbsp 1 Tbsp + 1 ¼ tsp 1/3 cup + 5 3/8 tsp	

Serving Size 1 piece Pan Size 12" x 20" x 1"

Yield \_\_\_\_\_ Number of Pans \_\_\_\_\_

**Meal Pattern (Based on Serving Size):** 1 piece

2.5 oz Meat/Meat Alternative

\_\_\_\_\_ Fruit/Vegetable

2.5 servings Grains/Breads

**Oven Temperature & Baking Time:**

	Temperature	Minutes
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Conventional	<u>400</u>	<u>30-35</u>
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Convection	<u>350</u>	<u>25-30</u>
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If available, **Nutrition Analysis:** **Serving Size:** 1 piece

<u>467</u> Calories	<u>8.27</u> Saturated Fat (g)	<u>1.95</u> Vitamin C (mg)
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<u>29.08</u> Protein (g)	<u>714</u> Sodium (mg)	<u>450</u> Vitamin A (IU)
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<u>19.25</u> Total Fat (g)	<u>3.42</u> Fiber (g)	<u>342</u> Calcium (mg)
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<u>32.2</u> % Calories from Total Fat	<u>4.36</u> Iron (mg)	
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Sodium can be decreased by using your own taco seasoning recipe with less salt.

This recipe is from Cindy Giese, Lewistown Public Schools, Lewistown, Montana.